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Bryntirion Parents Coronavirus Wellbeing links and Support (V1 March)

As part of continuing to provide the best possible wellbeing support at Bryntirion during this time, we have put together some essential information, links and sources of support for our school community. As things change or progress we will update the information. If you would like to share anything you have found useful with other families we will be delighted if you contact us on the admin email link above.

This document includes:

- ***Keep Talking, Keep Well, Keep Learning....*** Communicating Safely, Safeguarding and Wellbeing essentials.
- ***Useful Web-site links for Coronavirus Wellbeing***
- ***Free Wellbeing on-line learning and Apps***

✓ Keep Talking

Please contact us through the usual school links and contacts/email website as above

Keep talking about learning, school and your child's achievements. What work they have completed and how it went.

Keep conversations going in places and at times when you know your child will respond well about how they are feeling. Be watchful of isolation, withdrawal or sudden deterioration in mental health.

Minimize watching, reading or listening to news that causes you to feel anxious or distressed; seek information only from trusted sources. Seek information updates at specific times during the day, once or twice. The sudden and near-constant stream of news reports about an outbreak can cause anyone to feel worried. Get the facts; not the rumours and misinformation (Source WHO 2020)

Keep a consistent time each day around 15 minutes max for any worries and stick to it. If they creep in at other times gently remind them that they can be answered at this time only.

If you have a safeguarding concern that involves a student or family at Bryntirion outside of school hours please contact Bridgend Safeguarding on:



**Bridgend MASH
South Wales Police MASH Staff (PPU)**

Phone: 01656 815808

Safeguarding Adults Team

Email: adultsafeguardingMASH@bridgend.gov.uk

Phone: 01656 642477

Information, Advice and Assistance (IAA) Team (Children)

Phone: 01656 642320

Email: mashcentra@bridgend.gov.uk

Early Help

Phone: 01565 815523
01656 642740
01656 815431

Email: earlyhelp@bridgend.gov.uk

Keep well

- ✓ Keeping to the normal safe routines for sleeping, eating and hydration is essential to you and your child's wellbeing at this time.
- ✓ Keep to the same safe family boundaries around the use of electronic devices.
- ✓ Keep a learning routine each day using the learning links provided and available on our web-site.

Useful Wellbeing links for you, your family and parents.

1. Mind – Coronavirus and your Wellbeing. <https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>
2. Place to Be – Information for Children <https://www.place2be.org.uk/about-us/news-and-blogs/2020/march/coronavirus-information-for-children/>
3. Looking after your Mental Health <https://www.studentminds.org.uk/coronavirus.html>



4. Coronavirus: How to protect your mental health
<https://www.bbc.co.uk/news/health-51873799>

1. Mind.org.uk- Coronavirus and your wellbeing

You might be worried about coronavirus (also known as COVID-19) and how it could affect your life. This may include being asked to stay at home or avoid other people.

This might feel difficult or stressful. But there are lots of things you can try that could help your wellbeing.

This information is to help you cope if you're feeling anxious or worried about coronavirus. This may be because:

- You're staying at home or avoiding public places as part of social distancing.
- You have to self-isolate. This means you avoid contact with other people and follow strict hygiene rules. The NHS has advice about self-isolation in English and advice about self-isolation in Welsh. For how long to self-isolate, see the current government advice in English or the current government advice in Welsh.

And it covers:

- Plan for staying at home or indoors
- Take care of your mental health and wellbeing
- Checklist: are you ready to stay at home?

If you're staying at home or indoors, you might find these ideas helpful:

- Find the right place to stay
- Eat well and stay hydrated
- Keep taking your medication
- Continue accessing treatment and support if possible
- Take care of your immediate environment
- If you have care needs, or provide care or support to someone else
- Take care of your mental health and wellbeing

If you've been asked to stay at home and avoid other people, it might feel more difficult than usual to take care of your mental health and wellbeing.



Full details are available on the *Mind.org* website on the following topics:

- ✓ Hand washing and anxiety
- ✓ Connect with people
- ✓ Decide on your routine
- ✓ Try to keep active
- ✓ Get as much sunlight, fresh air and nature as you can
- ✓ Plan for working or studying at home
- ✓ Find ways to spend your time
- ✓ Find ways to relax and be creative add
- ✓ Keep your mind stimulated
- ✓ Take care with news and information
- ✓ If you're feeling anxious
- ✓ If you're feeling claustrophobic or trapped

Checklist: are you ready to stay at home?

- **Food:** do you have a way to get food delivered?
- **Cleaning:** are your cleaning supplies stocked up?
- **Money:** can you budget for any higher bills or expenses? Will you save money from lower transport costs that you could spend elsewhere?
- **Work:** can you work from home or not? If not, what are your rights to payment or benefits?
- **Medication:** do you have enough medication, or a way to get more?
- **Health:** can you reorganise any planned therapy or treatments?
- **Commitments:** can someone else help you care for any dependents, walk your dog, or take care of any other commitments?
- **Connectivity:** have you checked the contact details of the people you see regularly, like their phone numbers or email addresses?
- **Routine:** can you create a routine or timetable for yourself? And if you live with other people, should you create a household schedule? Do you need to agree how the household will run with everyone at home all day?
- **Exercise:** is there any physical activity you can do inside your home, such as going up and down the stairs, using bean tins as weights, or exercises you can do in your chair?
- **Nature:** have you thought how you could access nature? Can you get some seeds and planting equipment, houseplants or living herbs?
- **Entertainment:** have you thought about things to do, books to read or TV shows to watch?
- **Relax:** have you got materials so you can do something creative, such as paper and colouring pencils?

2. Place to Be Coronavirus: Helpful information to answer questions from children



Coronavirus is all over the news, with talk of schools closing, events being cancelled, and people being kept in quarantine. It's understandable that many children, and adults, are anxious about the virus and how it could impact them.

How can you support your child, and yourself, with these concerns? We share some of our tips, and some useful resources, to put this context.



Deal with your own worries

It's just as important that you look after your own mental health and wellbeing. It's good to stay informed but bear in mind that watching upsetting footage or reading sensational social media coverage may be detrimental to your own mental health.

Consider where you're getting your information from. Try to stick to reputable sources for updated guidance on the virus, such as **the NHS, Public Health England** or **Health Protection Scotland**, rather than relying on social media or the press for your information.

We recommend reading **this advice from BACP counsellors on how to cope if you're feeling anxious** about coronavirus.

Talk to your child

Don't be afraid to have conversations with your child about coronavirus - not talking about something can sometimes make children worry more. Other children will be talking about it at school, they may have heard it on the news or seen someone wearing a face mask, and they might have questions for you.



Remember that you don't need to have all of the facts and answers. There are lots of resources out there for you to read together, or for you to direct your child to, to help ease their worries. **We recommend** reading **this Newsround article about coronavirus** and how it's being tackled.

Be reassuring

It may be helpful to remind your child that flu is actually more common than coronavirus and reassure them that more people are recovering from the virus, than dying from it.

We recommend watching **CBBC's Dr Chris and Dr Xand talk about why coronavirus 'may not be as scary as it sounds'**.

Take precautions to protect yourself

If you, or your child, are worried about catching coronavirus take precautions to protect yourself. Be aware of the symptoms and follow **NHS guidance** on how to avoid catching it. Health bodies across the world are advising people to regularly wash their hands, put used tissues in the bin, avoid close contact with those who are unwell, and not touch their faces if their hands are not clean.

We recommend watching **this Newsround video on how to wash your hands**.

Other resources you may find useful:

- Coronavirus: Keep it simple, stick to facts - how parents should tell children (BBC News)
- Worried about coronavirus? Here's what you need to know (Happiful)
- Coronavirus: Elbow bumps and footshakes - alternative handshakes (Newsround)
- Coronavirus: Dr Chris answers YOUR questions (Newsround)
- Just for Kids: A Comic Exploring the New Coronavirus (NPR)

Remember that if you are struggling with your mental health, there is always help available.

Free Resources and support for Mental Health and Wellbeing

MindEd for Families has advice and information from trusted experts and will help you to understand what problems occur, what you can do to best support your family, and how to take care of yourself. MindEd for Families is written by a team of specialists and parents, working together.



<https://mindedforfamilies.org.uk/young-people>

Useful Apps/links for you and/or your child's well-being

<https://www.elefriends.org.uk/>

Elefriends is a supportive online community where you can be yourself. We all know what it's like to struggle sometimes, but now there's a safe place to listen, share and be heard.



<https://youngminds.org.uk/> Parent Helpline 0800 8025544

<https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-anxiety/>



www.mind.org.uk

We're Mind, the mental health charity. We're here to make sure no one has to face a mental health problem alone.

Child line childline.org.uk 0800 1111



<https://www.headspace.com>

Headspace is an English-American online healthcare company, specializing in meditation.

www.calm.com/

Calm is a software company based in San Francisco, California. It produces meditation products, including guided meditations and Sleep Stories.





www.stopbreathethink.com

A friendly app to guide people through meditations for mindfulness & compassion.



<https://www.silvercloudhealth.com/uk>

SilverCloud is an online course to help you manage stress, anxiety and depression. You work through a series of topics selected by a therapist to address specific needs. The eight-week course is designed to be completed in your own time and at your own pace.



<http://www.nshn.co.uk/friends.html>

Bryntirion Health and Wellbeing



Support and provide information for family and carers of individuals who self-harm